



# LIBERTYVILLE WILDCATS WRESTLING CLUB



## Libertyville High School Wrestling Feeder Program

- **OPEN TO:** Kids in Kindergarten thru 8<sup>th</sup> Grade
- **LOCATION:** Libertyville H.S. Wrestling Room
- **BEGINS:** First Tuesday in November  
*Preseason begins 1<sup>st</sup> Tuesday in Oct.*
- **PRACTICES:** Recreational (grades K-2)  
Thursday 5:30 - 6:30 pm  
Saturday 11:00am – 12:00pm  
  
Elite (grades K-8)  
Tuesday & Thursday 6:30 - 8:00pm  
Saturday 9-10:30am
- **SEASON:** Recreational - November thru January  
Elite – November thru March
- **COST:** \$250 – Recreational (non-competitive)  
Includes: USA Wrestling Membership  
Club t-shirt  
  
\$450 – Elite (competitive)  
Includes: Club t-shirt  
Tournament entry fees  
Wrestling Singlet (must return)
- **REGISTRATION:** Opens September 15<sup>th</sup> (early registration ends October 15). Visit our website to register and for more information. If you have questions contact:

Amador Ayala @ 847-409-5939

Dale Eggert – dale.eggert@att.net

## Why my kids will wrestle

by Cael Sanderson

4-time Undefeated National Champion  
2004 Olympic Gold Medalist

1. **Foundation sport** - Wrestling will make our youth better at all other sports.
2. **Fun** - Wrestling is a game. It is the most basic and instinctual game. Toddlers wrestle all the time.
3. **Exercise** - Wrestling is one the world's most premier physical fitness sports.
4. **Self-confidence** - Wrestling teaches hard work, self-improvement, sense of accomplishment, camaraderie of team, and 1 on 1 competition.
5. **Self-defense** - Wrestling is controlling an opponent. If you want your kids to know how to defend themselves, put them in wrestling.
6. **Humility** - Nothing teaches humility better than a 1-on-1 sport. Winning and losing in a 1-on-1 setting brings humility.
7. **Respect** - The challenges of being a wrestler teach you to respect yourself. After you learn to respect yourself you will learn to respect others.
8. **Self-discipline** - Wrestling is discipline. Repetition of drills, hard work and continually doing the best thing instead of the easiest thing is discipline.
9. **Roadmap to success** - Wrestling is the perfect example of what it takes to be successful in life.
10. **Toughness** - You learn a little pain or struggle is part of the process of doing great things.

[www.wildcatwrestling.club](http://www.wildcatwrestling.club)